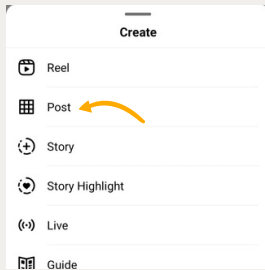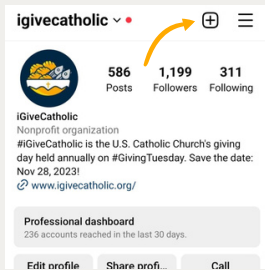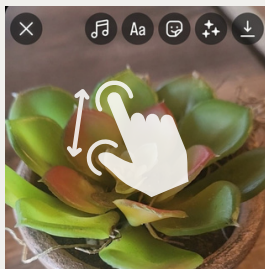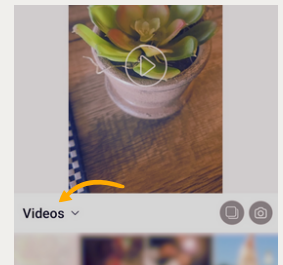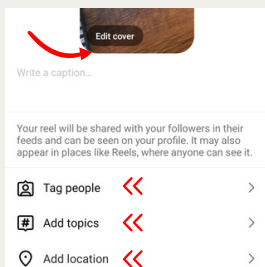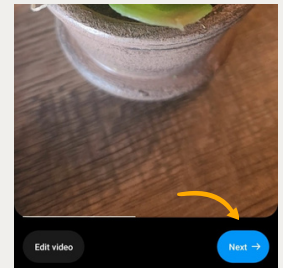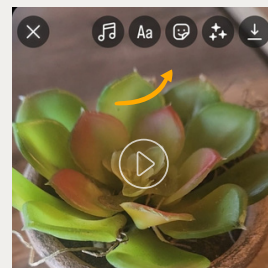# HOW TO UPLOAD A VIDEO ON INSTAGRAM

1) Open your instagram app on your phone. Go to your profile page and click on the "+" sign on the upper right side of the profile. Then Click "Post."

2) You will find an option "Recents" that shows all recent images and videos. To select a different album, Tap the drop-down menu. Select the video you want to post. You can also click the icon with two squares to select multiple videos and make an album or click the camera icon to record a video to post.
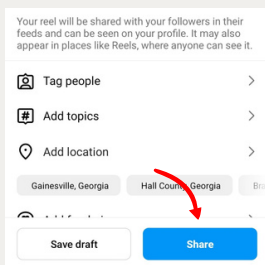
3) Zoom in or out with your finger to expand or shrink the size of your video frame.

4) You can also edit your video before you upload your post. You can select an image filter, trim the length of the video, or turn off the sound completely using the "music" icon. Click "Next" when you're done.

5) After you've made your final edits, click on the video preview (where it says "Cover") to choose the part of the video you want to use for the thumbnail. On this screen, you can also tag other Instagram users, add a location, create a promotion, share to Facebook, and more.

6) When you are ready to post, click the blue "Share" button at the bottom of the screen.